



Active Adults 55+ Fitness Calendar

September 6, 2021-October 1, 2021
All classes are bilingual (English/Español)

NO CLASS 9/6/21

Monday <u>In-Person</u> Commissioner District 3 Office 1300 SW 12 Ave. Miami, FL 33129	Monday <u>In-Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	Tuesday <u>Virtual</u> <u>Password: miamiparks</u>	Wednesday <u>In-Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 Ave. Miami, FL 33130	Thursday <u>Virtual</u> <u>Password: miamiparks</u>	Friday <u>In- Person</u> Jose Marti Gymnasium (Dance Room) 434 SW 3 rd Ave. Miami, Fl 33129
10:00am Chair Exercise 11:00am Chair Yoga 	10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching 2:00pm Aerobics 	10:00am Chair Exercise Meeting ID 914 7727 5297 11:00am Zumba Gold Meeting ID 928 1496 7261 12:00pm Stretching Meeting ID 958 1461 4879	10:00am Chair Exercise 11:00am Zumba Gold 12:00pm Stretching 2:00pm Chair Yoga 	10:00am Chair Exercise Meeting ID 914 7727 5297 11:00am Zumba Gold Meeting ID 928 1496 7261 12:00pm Stretching Meeting ID 958 1461 4879	10:00am Senior Circuit Training 11:00am Stretching 

For more information email fitness@miamigov.com .
 Contact your local park for additional classes details.

